

**MAY 2003**

**ROSEMARY WHITE-POPE, CHAIR**

**PHONE: (619) 266-2066**

## **FOURTH DISTRICT SENIORS COMMISSION & SENIORS RESOURCE CENTER**

**May is "Older Americans" Month!**

### **HEALTH FAIR WILL BE AT MLK PARK ON MAY 17, 2003**

Several organizations will combine in an effort to provide services and resource information related to good health. The Health Fair will be at Martin Luther King Park will be at Martin Luther King Park from 10:00 a.m. to 3:00 p.m.

### **"AN OLDER AMERICAN CELEBRATION"**

The Fourth District Seniors Resource Center and Metro AARP Chapter 4916 will jointly sponsor a Luncheon honoring Older Americans. This event will take place from 11:00 a.m. until 2:00 p.m. at the Bali Hai Restaurant, 2200 Shelter Island Drive, Thursday, May 8, 2003. This annual event recognizes and honors seniors in our community who have been blessed with advanced years. Special recognition will be given to those who have made significant contributions by performing "Random Acts of Kindness" that enhance the quality of life for other seniors.

Ethnic or business attire is requested for this event. The theme for this year is "Seasoned, Sassy Seniors on Review." Seniors will provide entertainment through song and dance. There will also be raffles and door prizes.

A donation of \$20.00 per person is requested. For reservations, please call the Seniors Resource Center at (619) 266-2066.

### **CENTRE CENTER DEVELOPMENT CORPORATION TOUR PLANNED**

A bus tour of the Downtown area will be provided by Centre City Development Corporation (CCDC) for seniors of Metro AARP Chapter 4916 and the Seniors Resource Center on Friday, June 27, 2003. The trip will depart from Martin Luther King Park and Recreation Center at 10:00 a.m. and return at 12 noon.

Arrangements for the tour are through Ms. Sheila Hardin, Manager of Communications for CCDC. Ms. Hardin was the speaker at Metro AARP Chapter 4916 meeting in April, 2003. Her entertaining presentation on developments taking place downtown kept our interest, especially when she gave flashbacks of things and places that many old time San Diegans remember.

The FREE tour is available to any senior who makes advance reservations by calling the Seniors Resource Center prior to June 15, 2003. Pre-signups are needed for planning purposes.

### **CYNTHIA WHITE PARKS TO BE AARP SPECIALIST FOR CALIFORNIA**

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In a letter dated April 16, 2003, California Director of AARP informed Ms. Cynthia White-Parks, Vice-President of local Metro AARP Chapter 4916, that she has been appointed as State/Community Service Diversity Outreach Specialist for California.

The letter stated, "As an appointed volunteer, you join the ranks of a select group of AARP members whose leadership, record of service and commitment to the goals of the Association are outstanding. In making confidence in your desire to continue this tradition of excellent leadership."

Our congratulations to Ms. Parks who is currently recovering at home from surgery. Hurry and get well, we need you!

#### **SENIOR NUTRITION PROGRAM FACES BUDGET CUT ACTIONS**

Senior Resource Center Director Rosemary Pope is appealing to the seniors of the Fourth Council District to come out and support our nutrition program. She stated that the County's Aging & Independent Services (AIS), who oversees this program, is facing serious budget reduction problems and is desperately seeking ways to trim their budget. One of the things they are looking at is the poor attendance at our local nutrition site. If our participation doesn't improve, we could lose this beneficial program.

Ms. Pope says that "If we can take part at least one day a week, and if we can spread the word to other seniors, we should see an immediate increase in attendance."

Seniors need not be reminded of the struggle we went through to get this program and the struggles we have had in trying to keep it. We certainly don't want to lose it. So please help by coming out regularly and by spreading the word.

#### **COUNCILMAN LEWIS SUPPORTS CLEANUP OF CHOLLAS CREEK**

Councilman Charles Lewis was joined by Alpha Project for the clean up of a significant part of the Chollas Creek in the Encanto area. The cleanup was performed in honor of "Earth Day, April 22, 2003." More than one hundred bags of trash, weeds, and debris were collected during this cleanup. Earth Day began as a grassroots campaign to empower individuals to raise their environmental consciousness. The Councilman said that "routine maintenance of the Chollas Creek area helps to significantly improve water quality and our environment."

Councilman Lewis urges African American males over the age of 40 to take advantage of these screenings. The incidence of prostate cancer is highest in men of African and European descent. African American men have the world's highest mortality rate from prostate cancer.

#### **CHECK PRESENTED TO BLACK PIONEERS OF SAN DIEGO**

On April 22, 2003, Councilman Charles Lewis presented a check in the amount of \$4000 to Mr. Larry Malone, founder of the Black Pioneers of San Diego. The check was made possible by Sony Electronics. The Black Pioneers of San Diego was established in 1987 to create an Anthology of the contributions African-Americans in the region in and around San Diego.

Mr. Larry Malone is an Official Black History Speaker for the San Diego Unified School District and was selected as a member of the City of San Diego's Historical Resources Board. He is well known in San Diego County as the co-author of the book "Black Pioneers in San Diego – 1880 to 1920." Mobile Historical displays can be arranged for display at various locations. He can be reached at (619) 944-4365.

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**CHECK PRESENTED TO DISTRICT YOUTH TO ATTEND BLUES GOSPEL SOULJAM**

A check in the amount of \$500 was presented to Ms. Kathleen Harmon, Youth Coordinator, to send selected youth and seniors to Ron Appel's Blues Gospel SoulJam" held on Sunday, April 13, 2003. The check was made possible by Carter Reese and Associates and Market Street Land & Cattle Company, LLC. The event was sponsored by *Applause! Applause! Arts for San Diego Youth*.

**CITY TO HOLD SOCIAL SERVICE PROGRAM GRANT HEARINGS**

Hearings Social Service Program Grant Applicants are scheduled for Tuesday, May 6, 2003. This is the main source of funds to operate the Seniors Resource Center. City Council is scheduled to begin at 10:00 a.m., however, they are unable to predict the start time of the Social Service item.

While applicants will not be heard this year, you may support our request by being present. The easiest way to attend City Council meetings is by taking the Trolley to the Civic Center and getting off directly in front of the County Administration Building. Council Chambers is located on the 12<sup>th</sup> Floor. You may call Rosemary Pope at (619) 266-2066, if you plan to attend.

A convenient way to get to Golden Hall is to take the trolley. Seniors can ride for \$4.00 round trip and get right in front of City Hall. No hassle and no parking problems!